

Coping with COVID-19

Simple Tips to Help You Manage Stress and Anxiety



In these times of difficulty, we may feel somewhat lost, somewhat unsure about ourselves and what the future holds for us. We may also feel anxious, scared, lonely as well as a whole host of other such emotions. These are all normal emotions in an abnormal situation. There is an unseen entity out there causing chaos, grief and unpredictability. Our employment is at risk, or we have lost our source of income, we cannot see family or friends, we have lost a loved one, our holidays have been cancelled, weddings postponed, celebrations put on hold, children are being educated at home, students in higher education facilities are viewing lectures online. Our world has become virtual and isolated, leaving us without the main thing we cherish – connection. These are unprecedented times, so these feelings are normal. But there are things we can do to help our situation.

Structure Your Day



When we are faced with unpredictability and change, we need to bring back control into our life. Create a structure to your day as this will provide routine and predictability. It might make it easier initially to make a list for each day that will provide the structure, even if this starts with “get out bed”. The brain and body will like this and will respond positively as they have predictability and therefore control. If you’re working from home, continue to engage with colleagues on-line, have group meetings, structure your day as you would when in the office. It might also help to wear your work clothes in the house as it helps maintain your professional persona – your brain will like this familiarity and consistency.

Live Moment to Moment



Although easier said than done, try to live moment-to-moment, day-to-day. Focus not on the future as this can feel overwhelming. Just focus on the present day. The here and now. Stick to your daily routine. Get through each day. You may even want to break it into segments and set small achievable tasks to focus on.

Emotions



Emotions may feel overwhelming at this time of chaos and unpredictability. This is normal. It will not last forever. Self-soothe to calm your threatened brain. Do breathing exercises to calm yourself – there are many online to choose from. If you want more advice on this, contact us at Epione as we can guide you through some really good breathing exercises to help you feel grounded and present. Exercise is good for emotional healing. Do not focus too much on these emotions, but find a way of firstly telling yourself these emotions are normal given the stressful situation we face, then distract by using any of the suggestions below and of course, staying with your daily structure. Grief is a normal emotion when we lose someone. Try not to suppress the normal emotion of grief and loss. Find a way of celebrating the life of those you have lost. Remember them with happiness. Allow yourself the time to feel the pain of loss, but don't let it consume you. Connect with others in your family who live in the same household or on-line. Let your grief bring you together not push you apart.

Use Your Body



Your body loves physical exercise of any sort, especially the rhythmic component creating bilateral stimulation. Exercise doesn't have to be outside. Your body just likes to move. Cleaning is a form of exercise. Do things that allow your body to move – you can watch YouTube videos for ideas. Yoga, mindfulness, exercise routines, walking on the spot, anything that can help your body gain energy, feel motivated, create rhythm and become energised. It will help to improve mood.

Connection



Humans are social creatures. We like to connect. Within your daily structure, put time aside to connect with others. Be this in your own household, or online sharing fun, jokes and catch up with family and friends. Celebrate events online or within the household. Importantly, give close loved ones a hug, a physical embrace to let everyone know things are going to be ok. Your body will love it!

Opportunities



Use this time to do things you have been putting off due to being busy. Do simple DIY, learn a new language online, write, create, exercise, make new recipes. Spend time with your children in the house getting to know them more. Understand their virtual world. In your daily schedule create time to spend as a family – play board games; sing; do jokes; play charades; card games; karaoke. Eat as a family. Look at opportunities to achieve things you have always wanted but never done. The internet is a great tool for creating opportunity that isn't expensive.

Pictures



And finally, get out old pictures of good times, of scenery. Let your mind and body soak in and remember the positive, fun times.

Contact us at **Epione** by sending an email to enquiries@epione-training.com and we will try to guide you through this difficult time. We are in this together. *You are not alone.*